Understanding Wife Abuse

AN EDUCATIONAL MANUAL
FOR COMMUNITY GROUPS
IN NEWFOUNDLAND AND LABRADOR

88-03312/

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Women's Policy Office
Government of Newfoundland & Labrador
December 1987

ACKNOWLEDGEMENTS

UNDERSTANDING WIFE ABUSE: AN EDUCATIONAL MANUAL FOR COMMUNITY GROUPS IN NEWFOUNDLAND AND LABRADOR was researched and written by Carmel Wyse for the Women's Policy Office, Government of Newfoundland and Labrador.

The author acknowledges the help and support of Cheryl Hebert, administrator of Kirby House in St. John's.

The Women's Policy Office acknowledges the dedication of those individuals, community leaders and professionals who give so unselfishly of their time to help find a solution to the complex problem of wife abuse in Newfoundland and Labrador.

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Printing: Creative Publishers, St. John's

THE WOMEN'S POLICY OFFICE
GOVERNMENT OF NEWFOUNDLAND AND LABRADOR

DECEMBER 1987

"Try to feel, in your heart's core, the reality of others. This is the most painful thing in the world, probably, and the most necessary."

Margaret Lawrence, 1983

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ABOUT THE MANUAL

The aim of this manual is to raise community awareness about the problem of wife abuse in Newfoundland and Labrador. The manual contains educational material and a workshop agenda, both of which will allow community groups to begin educating themselves about wife abuse.

The issue of wife abuse is part of the larger problem of family violence. Solutions to the social problem of wife abuse are a major priority of the Women's Policy Office. The staff of the Women's Policy Office served on an intergovernmental working group which addressed policy and programs related to wife battering. We continue to liaise with other provinces that have structures in place to deal with wife abuse and family violence.

The Women's Policy Office also chairs an interdepartmental committee which is looking at solutions to the problem of wife abuse within this province.

The text and concept for this manual was created by Carmel Wyse in consultation with professional and volunteer workers in the area of family violence. The artwork was created by Ilse Hughes, and the eight drawings throughout this manual tell their own story.

Initially, this manual should be used by an individual or small number of individuals who are interested in leading a project to understand wife abuse. Such people can be members of a community organization that already exists, or one formed to act on wife abuse or family violence.

In **Section One**, the reader is introduced to the problem of wife abuse in Newfoundland and Labrador. Statistical and historical information are presented as we take a closer look at the dynamics of the abusive relationship. To enhance this inquiry, profiles of both abusive husbands and abused wives are offered. A careful study of the **Cycle of Violence** in Section One is integral to a thorough understanding of wife abuse.

In **Section Two**, educational materials are presented which will familiarize the reader with statistical information on the problem of wife abuse in Newfoundland and Labrador. **Section Two** of this manual is designed to cover issues basic to understanding wife abuse.

In **Section Three**, resources available on this problem are identified. **Section Three** lists materials and organizations which can help in developing a more comprehensive appreciation of the issues related to wife abuse.

At some point, leaders will feel comfortable enough and knowledgeable enough to begin educating others in their own organization or community. In **Section Four**, a workshop outline on the problem of wife abuse is given. **Section Four** provides a guide to preparing a workshop on wife abuse, as well as a suggested agenda for workshop sessions.

And finally, in **Section Five**, the principles of the workshop are offered (Appendix A), along with learning activities (Appendix B) and evaluation forms (Appendix C). A bibliography of books and other materials used in compiling this manual is also included in **Section Five.**

The reality of wife abuse can be overwhelming. Disbelief, anger and compassion are some of the reactions experienced by people who are learning about, and working with, abused women.

If at all possible, leaders should discuss what they are learning about wife abuse with someone who has the same interest and concern. For example, the issue can be discussed with another community member or, ideally, someone who already has knowledge of the subject.

Shared learning not only provides an opportunity to talk about reactions, but also helps to prepare leaders for later discussions with the general public.

WHY DO COMMUNITIES IN NEWFOUNDLAND AND LABRADOR NEED TO KNOW ABOUT WIFE ABUSE?

The answer - because it exists. It is clearly **a social problem, and a crime.**

There is no segment of society and no community in which wife abuse does not occur. It happens in rural settings and cities and in both high and low income families. Wife abuse spans all ages, occupations, races and nationalities.

The officially accepted estimate is that one out of ten Canadian women who are married or in common-law relationships are abused. Most researchers and people working with abused women are of the opinion that this statistic is low and underestimates the actual amount of wife abuse that occurs in Canadian homes.

In Newfoundland and Labrador, statistics that give some indication of the extent of wife abuse are kept by the police, transition houses, and the courts. The following three tables are based on 1986 statistics from the RCMP, the Royal Newfoundland Constabulary, and transition houses in the province.

When looking at these statistics, it is important to remember that they represent 1986 figures only. The statistics from previous years are not presented here, but this does not necessarily mean that the abuse has ended.

In studying the following three tables, it is also important to remember that the numbers do not include women who could not be accommodated at transition houses. For example, during the 1986-87 fiscal year at the St. John's Transition House, 101 women and 167 children were unable to be sheltered due to lack of space.

There is one other factor to keep in mind when looking at statistics concerning wife abuse. **Many women never report their abuse.** And women often first seek help from agencies or individuals that do not compile statistics - for example, doctors, clergy, social services and neighbourhood families.

RCMP - 1986

STATISTICS ON ASSAULT CHARGES

	Assaults by husbands	**Assaults by wives**
Avalon Peninsula	42	5
Gander (west of Avalon)	125	9
Remainder of island (Except Corner Brook)	117	7
All policed areas in Labrador	69	7
TOTALS	**353**	**29**

ROYAL NEWFOUNDLAND CONSTABULARY - 1986

complaints regarding
spousal assaults
and
drunk and disorderly in the home

	DRUNK AND DISORDERLY*	ASSAULTS	TOTAL
St. John's and surrounding area (to Conception Bay South)	409	41	450
Labrador City/ Wabush	breakdown not available		33
Corner Brook (statistics for 6 month period	breakdown not available		26

* This statistic is presented because complaints and/or arrests filed under **drunk and disorderly** involve violence in the home. While there may or may not have been threats or violence against the woman, the police are usually called in because the man is being violent in the home.

TRANSITION HOUSES - 1986
Admissions and Crisis Calls

	ADMISSIONS		
	Women	**Children**	**Crisis calls**
St. John's Transition House	130	127	391
Haven of Hope (St. John's)	140	121	n/a
Transition House (Corner Brook)	109	199	180
Libra House (Happy Valley) statistics from March 1986 to March 1987	39	85	70
Labrador West Family Crisis Service	25	26	56
TOTALS	**443**	**558**	**697**

COURTS

In 1985, 162 divorces in Newfoundland and Labrador listed grounds of physical and/or mental cruelty. Statistics on court procedures that reflect wife abuse are not available for the year 1986. The most recent figures from the St. John's Unified Family Court date from 1984. In that year, the Court heard 171 cases related to domestic violence, e.g. peace bonds, assaults and breach of probation.

EDUCATION CAN LEAD TO PREVENTION

By **simply being aware** of the existence of wife abuse, and having some appreciation for what happens and why, communities can accomplish a lot.

Societal attitudes play a large part in maintaining wife abuse. Perhaps we can learn to raise our children without the attitudes that tolerate wife abuse. In light of what we learn about abusive relationships, we can pay attention to the relationships that our teenagers are developing.

Education can also bring about immediate results that affect abused women. For example, most of us know at least one victim of wife abuse. On a personal level, educated community members should at least know how to respond to a woman who is being abused. It is not good enough just to say: "LEAVE!". We should be aware of the emotional, as well as physical, destruction which the abused wife is experiencing. We must take into consideration the kind of emotional support she needs from her friends and family, and assess where she can find help.

Even if we have no direct contact with an abused woman, the process of education on this issue will publicize the community's concern about the problem as well as the problem itself. One of the difficulties experienced by abused wives is the sense of isolation: **"No one else has this kind of problem"** or **"No one would believe me anyway".**

Public acknowledgement of wife abuse by a community group can ease the sense of loneliness and misunderstanding felt by abused wives in many communities. **EDUCATION IS NECESSARY IF A COMMUNITY GROUP WANTS TO TAKE ACTION.**

WIFE ABUSE: A SOCIAL PROBLEM

Wife abuse is a **widespread phenomenon** that brings harm and even death to one tenth of the married population and their children.

Wife abuse is **deeply rooted** in our society's traditional attitudes toward women and domestic violence. It cannot be considered an isolated interpersonal or "marital" problem.

Responding to the problem involves many of **society's institutions** - police, hospitals and the medical community, social services, the courts, clergy. Often, the lack of appropriate response by society's institutions is part of the problem.

Children can carry the problem with them into their adult relationships.

Wife abuse **does not only effect the family involved.** It is just as dangerous for a police officer to respond to domestic calls as to armed robberies. Police officers are often injured. Family members or neighbors might get hurt if they try to intervene. Women miss work because of injuries, men miss work because of arrests. Sometimes people loose their jobs. Women often need medical care. There are legal costs.

Wife abuse **rarely clears up on its own.**

WIFE ABUSE: A CRIME

It is important to define wife abuse as a crime.

Under the Criminal Code of Canada, it is a crime to use force or threat of force against another person or that person's property without her consent. The crime is called assault and there are three types:

1) the touching, slapping, kicking, pushing of another person without consent

2) assault committed with the use or threatened use of a weapon

3) aggravated assault occurs when the victim is wounded or when the life of the victim is placed in danger.

The following examples of wife abuse would come under the assault provisions of the Criminal Code or other laws such as those relating to harassment or destruction of property.

Physical Abuse: Slapping, punching, kicking, shoving; using objects such as a belt buckle to beat the victim; use of guns, knives to hurt or kill. It might start with slapping and proceed to use of weapons.

Sexual Abuse: Inflicting pain and injury during intercourse; forced sexual activities.

Psychological/Emotional Abuse: Violent threats against the victim and her family and/or children, such as, "If you try to leave, I'll find you and kill you and then I'll kill myself".

Economic Abuse: Destruction of her property - photo albums, clothes, family heirlooms, pets. Often the intent is to give the message, "Do what you're told or the next time it will be you not your dress!"

There are no exceptions to the assault provisions of the Criminal Code or other statutes in that they apply to family members as they do to strangers. Still, pursuing legal action is often a difficult approach for an abused woman to take.

There is much that goes on in an abusive relationship that would not be considered criminal in the legal sense, especially in the areas of economic abuse and abuse of a psychological or emotional nature. For example, restraints can be placed on the woman by not allowing her to have her own money (whether or not she works outside the home). Often, attempts to establish economic independence from her husband are thwarted when he makes it difficult for her to work or further her education.

Psychological and emotional abuse can take many forms. The effects are often destructive and long lasting. Some examples are: degrading or belittling the woman (calling her a slut or a whore), criticizing or ridiculing her in front of friends and family, extreme jealousy, controlling her every action and conversation, denying her friendships and social contact or outside interests, making suicidal threats, flaunting extramarital affairs, comparisons with other women, and denying sexual needs.

Many forms of abusive behaviour are not grounds for criminal action. But they are often used as evidence in divorce proceedings to establish the reason for divorce or to determine custody arrangements.

Linda MacLeod, in **Wife Battering in Canada: the Vicious Circle**, composed a definition based upon the first hand reports of women who had been battered.

"Being battered is feeling confused, feeling dead inside, feeling worthless, having no friends - not even one that you can call when you're feeling really low. It's not knowing when he'll turn on the kids - always feeling jumpy, never knowing when it will start again. It's being afraid all the time - not just of him but of everything - not really trusting anyone or anything. It's feeling guilty and in some indefinable way responsible, even though you're the one who's being beaten."

HISTORICAL OVERVIEW OF WIFE ABUSE

There are many theories that offer explanations for wife abuse. Some of them are:

- alcohol is the cause of the violence
- wife batterers are mentally ill
- the male sex is naturally aggressive
- the wife provokes the violence
- response to stressful modern life.

Some of these theories may be related to the problem of wife abuse. But some (such as "alcohol is the cause of the violence") can be entirely refuted.

None of the theories listed above answers two very important questions:

"Why does so much violence take place in the family?"

"Why is violence so often directed at the wife?"

Knowing something of the history of women and the violence they have lived with throughout recorded history helps us to answer those questions.

The roots of wife abuse lie in the acceptance of many traditional beliefs. For example, many people believe in the husband's right to total authority in the family. This is often accompanied by the belief that a wife's proper place is to obey and serve her husband in the home. Wive are expected to put the needs of others (especially the needs of her husband) above her own.

When carried to the extreme, and enforced through fear and violence, such traditional beliefs and ideas about the roles of men and women are the essence of abusive relationships.

SOME HISTORICAL HIGHLIGHTS

2500 B.C.	The first known laws proclaimed that the name of any woman who verbally abused her husband was to be engraved on a brick which was then used to bash out her teeth.
Greek & Roman Societies	Wife beating and wife killing were recognized rights of men in these early societies.
Middle Ages	Witch-hunts included burning women at the stake for scolding, nagging, miscarrying or talking back to their husbands. Wife beating was openly encouraged in the Christian, Jewish and Muslim religions and in countries across Europe.
Renaissance	It was still believed that a "woman good or bad needs the stick".
18th and 19th Century	Laws proclaimed man's right to abuse his wife. Napoleon believed that women must be treated as "lifelong, irresponsible minors", and legislation of the time reflected this.

19th Century British Law	Textbooks stated that "the husband had, by law, power and dominion over his wife and could beat her but not in a cruel and violent manner".
19th Century	The expression "rule of thumb" comes from a law that gave a man the right to beat his wife provided that the rod was no wider than his thumb.
1901 to 1965 Law in Canada	There was a special offence of wife-beating in the Criminal Code: a man could go to jail for beating his wife but only if he caused her "actual bodily harm". At the same time, the ordinary legal definition of assault was (and is) "the intentional application of force to another by act or gesture".

Historically men have been given a lot of power over women. Men have been assigned the task of upholding a certain structure in the family and in the community. Even though the old laws no longer have legal standing, men and women are usually socialized into traditional roles that help to maintain the traditional power and structure. The comparison of male and female characteristics on the following page illustrates this.

COMPARISON OF MALE AND FEMALE CHARACTERISTICS

MALES

- Men are taught to be strong, independent, aggressive and competitive.
- They are not to express emotions except anger.
- They are taught that they have to provide economically for a wife and family, and learn to expect sex and respect in return.
- The man is supposed to be in control, the boss, the head of the household.
- Men are stronger, smarter, more worldly. Decisions are supposed to be logical.

FEMALES

- Women are taught to be more passive, cooperative and dependent.
- They are allowed to be more emotional.
- It is important to be loving.
- They are taught to look to a man for financial security, material possessions, and social status.
- The woman is supposed to be the "homemaker", the one who provides a nurturing environment for her husband and children.
- Women are the "weaker sex", the "fairer sex". Decisions are considered emotional.

THE ABUSIVE RELATIONSHIP: A CLOSER LOOK

The potential for abusive relationships exists before two people meet and make a commitment. That is why wife abuse can happen to anyone.

We have already touched on certain societal beliefs and attitudes that set the stage for the man to expect power and control, and for the woman to feel that she has a certain place in the family.

Then we have the couple. Those who work with people in abusive relationships are able to describe an "abusive personality". They feel that the male partner usually brings much of this with him to the relationship.

Profile of the Abusive Husband

1. Probably experienced violence as a child.
2. Low self-esteem; feels he is a failure.
3. Blames others for his problems, his anger and his actions. Usually blames his wife.
4. Lacks understanding of how others feel about his behaviour.
5. Possessive and jealous. Expresses fear of being cheated on or left. Tries to control wife.
6. Believes he is acting to keep the family together and in line.
7. Believes he is head over his wife, his children and his possessions.
8. Often appears to be a "nice guy" outside the home.
9. Isolated; no other close relationships.

The following description applies to the woman after a period of time in an abusive relationship. Workers feel that those who are abused do not start out with as many similarities as abusers although they do share some common beliefs about marriage and the family.

Profile of the Abused Wife

1. Did not necessarily experience violence as a child.
2. Low self-esteem; may no longer feel she is worthwhile.
3. Blames self. Accepts blame for violent attacks. Thinks her husband "can't help it".
4. Makes excuses for husband. Tries to anticipate his needs, justify his actions.
5. May interpret jealousy as a sign that he really cares for her.
6. Believes in traditional family. Doesn't want to deprive children of a father.
7. Isolated from friends and family.
8. Keeps hoping that he will change.

CYCLE OF VIOLENCE

The **Cycle of Violence** (see graphic depiction on page 23) is an integral part of an abusive relationship. It is one of the reasons why an abused woman stays in the relationship. Lenore Walker, author of "The Battered Woman", talked to many women and men about their relationships and found that there is a pattern to the violence. It is not the same for all relationships - it may vary in overall length or within stages.

Phase I: The Tension Building Stage

There is tension from arguing, silence, insults, accusations. There may be minor violence. She tries to smooth things out, anticipate his reactions. The tension gradually builds. This stage can last from days to years.

Phase II: The Acute Battering Incident

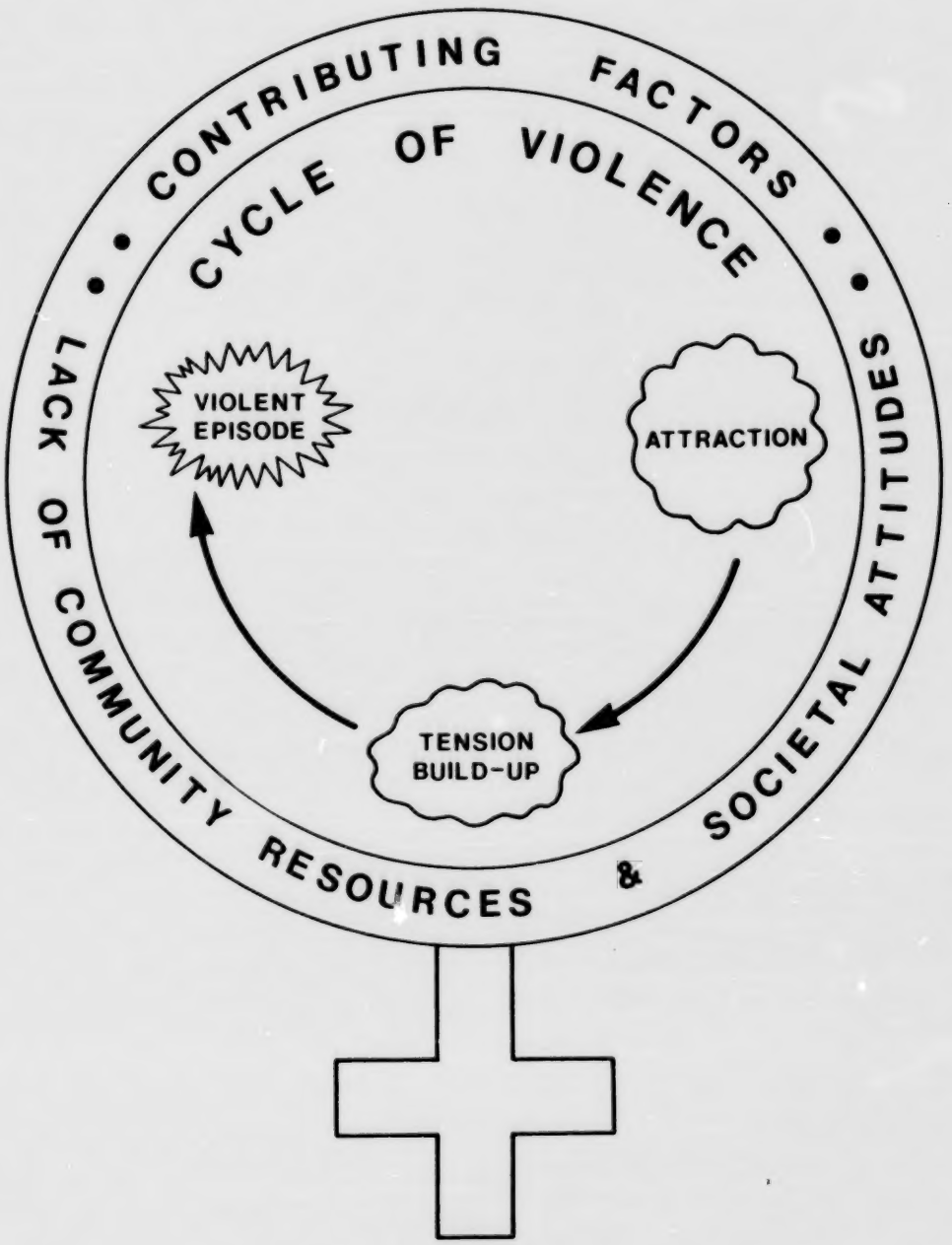
The tension erupts into violence. The violence may be punching, kicking, broken bones, assault with a weapon and/or sexual assault. This stage can last hours or days and the woman and the family are in the most danger of being severely injured or killed. This is also the time when the woman seeks help from the police or other outside sources.

Phase III: The Honeymoon Stage (attraction)

Immediately after the crisis the man is apologetic and loving. He often buys presents, and promises it will never happen again. For a time the relationship seems like it was before any of the abuse began. She forgives him and wants to believe it will never happen again. Slowly this stage fades. He slips back into the abusive behaviour. The tension slowly builds again.

Changes occur in the cycle as time goes on.

- It takes less time to complete the cycle so the violence occurs more often.
- The violence increases in severity.
- The third stage becomes shorter and often the man does not express any remorse or guilt about his actions.


CONTRIBUTING FACTORS
CYCLE OF VIOLENCE
VIOLENT EPISODE
ATTRACTION
TENSION BUILD-UP
LACK OF COMMUNITY RESOURCES & SOCIETAL ATTITUDES

CHILDREN

Children in abusive relationships are high risk candidates for physical and emotional damage.

Physical assaults on the wife often begin during pregnancy. Children may be abused by their fathers and/or mothers who cannot cope with their own abuse and frustration. Sometimes they are injured during a violent outburst.

Fear, anger, and guilt are some of the emotions commonly experienced by children in abusive relationships. They can begin to feel as hopeless and negative about themselves as their parents do. Some children think that their presence causes the abuse yet they cannot do anything to stop it. Frequently they have problems in school and have poor eating and sleeping habits. As they grow older, they often hate the father and resent the mother.

Unfortunately, these children may view the violence in their lives as normal. The boys may learn to display the same abusive behaviour and attitudes as their fathers. The girls may accept abuse as part of relationships and will likely have great difficulty leaving an abusive relationship.

It is important, however, to recognize in children the great potential for change. Some children do reject the violence and abuse they live with. They can also be taught that what they see is wrong. Children offer the best chance of breaking the **Cycle of Violence**.

QUESTIONS FREQUENTLY ASKED ABOUT WIFE ABUSE

1. "If it is so bad, why doesn't the woman just leave?"

There are many reasons why a woman does not "just leave" an abusive relationship. In **Understanding Wife Assault,** Deborah Sinclair groups the reasons into three categories:

> First, there are beliefs and traditions in our society that help to keep a woman in an abusive situation. A woman is taught from an early age to accept what life brings her. She is socialized to believe that her worth as a person will be measured by her ability to catch and keep a man. High value is placed on the traditional family unit, and the idea that children need the presence of a mother and a father. For many women, leaving means going against beliefs and expectations they have had for a long period of time.
>
> Second, the woman cannot always rely on community resources for help and support. There is lack of emergency housing and affordable permanent housing. Employment and daycare are problems. As well, many community professionals do not understand wife abuse. For example the doctor who prescribes tranquilizers for a distraught woman without probing into her complaints or the clergyman who tells her to be patient and loving.
>
> Third, there is also the psychological experience of the woman. Fear has been disrupting her life. She feels embarrassed and ashamed. She is isolated from her friends and family because her husband has alienated them or they have "given up on her". She feels such a lack of control over his abuse that she feels helpless to change her life. Her self-confidence and belief in her abilities are severely damaged.

Some abused wives do not want their relationship to end: they want the abuse to end.

2. "Aren't husbands abused as well? What about husband-nagging?"

There are a number of answers to these questions:

- Yes, husband abuse does happen sometimes, but not nearly as often as wife abuse. For example, 1986 RCMP statistics for Newfoundland and Labrador show 353 assaults by husbands and only 28 assaults by wives.

- Men are usually physically larger and stronger than women. Thus the injuries sustained by the woman are more serious, for example a slap from a man can be more physically harmful than a slap from a women.

- When women act violently, it is usually in response to being abused previously for a long period of time.

- Stress, arguing, and nagging goes on in all relationships. The response could be to talk or to walk away. But in an abusive relationship it takes the form of a beating.

- Historically women have suffered violence from their husbands.

- It is likely that if wife abuse stops then husband abuse will stop... not the other way around.

SOME MYTHS ABOUT WIFE ABUSE

1. DRINKING CAUSES ABUSIVE BEHAVIOUR

Alcohol is a factor in many cases of wife battering but it does not cause the abuse. Rather it is often used as an excuse for violent behaviour. When the drinking is not happening, moreover, the abusive behaviour continues. For example, RCMP statistics show that alcohol was **not** a factor in **38%** of spousal assaults brought to their attention.

2. MEN WHO ABUSE THEIR WIVES ARE MENTALLY ILL

Wife abuse is too widespread in our society to be caused by mental illness. Also, abusive men often do not show any violent behaviour outside their home. They seem quiet and controlled. Many perform well in their work. While certain characteristics (such as low self-esteem and extreme jealousy) seem to be common among abusers, these similarities do not constitute a mental illness.

3. ABUSED WIVES WERE ABUSED AS CHILDREN OR CAME FROM VIOLENT HOMES

While many studies have found a percentage of abused women were witnesses to and victims of violence as children, the majority of abused women come from non-violent homes. Children who learn to accept violence as part of family life are, however, more likely as adults to consider the violence normal. The girls will have greater difficulty taking protective action and the boys may repeat the abusive behaviour of their fathers.

4. WOMEN PROVOKE ABUSIVE BEHAVIOUR IN THEIR HUSBANDS

Both studies and personal accounts by women of the abuse they have suffered indicate that physical assaults are not often preceded by verbal arguments. Women frequently try to avoid situations which they think will provoke an outburst. In some relationships anger is ongoing. It is a way of life. The important point to remember is that **no one deserves to be beaten, controlled, or live in fear of violence.**

5. WIFE ABUSE IS A PROBLEM OF THE POOR AND UNEDUCATED

Wife abuse spans all levels of income, education and occupation. Low-income women are more likely to go to transition houses, while middle and upper-class women are more likely to seek help privately.

6. YOU HAVE TO BE MARRIED AND ECONOMICALLY DEPENDENT ON YOUR HUSBAND TO BE ABUSED

Abuse occurs in many types of relationships. Abuse can happen in a legal marriage or a common-law marriage; between separated or divorced couples, lesbian or homosexual partners, or in dating relationships.

While being economically dependent on one's husband is a major problem for women who are considering leaving, it is only one of many factors that makes it difficult for a woman to end an abusive relationship.

SOME FACTS ABOUT WIFE ABUSE

1. **At least one in ten Canadian women are victims of physical abuse by the male partners.**

   The Canadian House of Commons has officially adopted this figure. Many researchers, however, regard it as a low estimate. Relationships in which the abuse is psychological or emotional are not included in this one in ten figure.

2. **Wife abuse is a crime.**

   Under the Criminal Code of Canada, the use of force, or threatened use of force without consent, is a crime; a man who beats his wife or girlfriend can be charged with assault. The Royal Newfoundland Constabulary and the RCMP can lay charges if they believe there is sufficient evidence, regardless of the woman's decision about pressing charges.

3. **In 1986, in Newfoundland and Labrador, 443 women and 558 children received shelter in transition houses.**

   This is only an indication of the problem; many women seek help elsewhere, from social services, the police, the courts. There are, moreover, only five shelters to serve the province and many women live too far away to avail of them.

4. **Both physical and mental cruelty are grounds for divorce.**

   Physical and/or mental cruelty is listed 162 times as grounds, or reasons, for the 561 divorces granted in Newfoundland and Labrador in 1985.

5. **Wife assault is rarely an isolated incident.**

   One Canadian study (done in London, Ontario) found that women were assaulted an average of 35 times before the police were contacted.

6. **The injuries sustained by abused women are serious.**

In a number of studies women report that they required medical treatment for cuts, fractures, burns or injuries from a weapon.

7. **Wife abuse can lead to murder.**

According to Statistics Canada (1982), two-fifths of all murders in Canada are between spouses. The vast majority of the victims are women.

8. **Women are often assaulted when they are pregnant.**

For many women, the first beating happens during the first pregnancy.

9. **There is abuse in teenage dating relationships.**

Recent Canadian and U.S. studies are providing evidence that young single women experience physical, emotional and sexual abuse from their dating partners.

Wife abuse has been socially accepted and legally condoned throughout history.

AN IMPORTANT NOTE ON RESOURCES

A thorough use of the resource section is absolutely necessary in order to begin understanding wife abuse. The educational material in the previous section only touches on the basic issues. The resource sections are as follows:

ORGANIZATIONS

This section lists organizations that can provide information and literature free or for little cost.

BOOKS AND PAMPHLETS

The books and pamphlets that are listed do not comprise a complete reading list. They will, however, deepen an understanding of wife abuse and can be obtained at little or no cost by writing to the appropriate address. The bibliography at the end of this **Manual** can also be used as a source for further reading.

FILMS

The films listed (with the exception of **Not a Soap Opera: A Teen Video**), can be obtained through The National Film Board. NFB offices are listed under **organizations**.

SERVICES AND GROUPS

Transition houses are listed, not only for information but because house staff have a first hand knowledge of the complicated issues around wife abuse. Women's Centres can also provide direction and support: some have been instrumental in establishing transition houses in Newfoundland and Labrador.

SCRAPBOOK

This section provides suggestions for compiling a scrapbook of materials related to wife abuse.

After the resource section has been thoroughly used, leaders can then plan to begin discussions with a group.

ORGANIZATIONS

- **Women's Policy Office**
  Government of Newfoundland and Labrador
  P.O. Box 4750
  St. John's, NF
  A1C 5T7
  Telephone: 576-5098

  The Women's Policy Office was established in 1985. The office acts as a central coordinating agency responsible for dealing with women's issues and integrating these issues into the mainstream of government policy making. Wife battering is a major priority of the office.

- **The Provincial Association Against Family Violence**
  P.O. Box 221, Station C
  St. John's, NF
  A1C 5J2
  Telephone: 739-6759

  The Provincial Association Against Family Violence is an organization designed to identify and help meet the needs of groups around the province who are trying to provide services, mainly to victims of violence. The Association is attempting to develop and foster a system of communication among its member groups to enable them to share information about their work in the area of assisting victims. The Association is also trying to develop preventative and education programs and to create greater public awareness on the issue of wife battering.

- **The Provincial Advisory Council on the Status of Women, Newfoundland and Labrador**
  131 LeMarchant Road
  St. John's, NF
  A1C 2H3
  Telephone: 753-7270

  The Provincial Advisory Council on the Status of Women, Nfld. and Labrador has a mandate to identify issues of concern to women in our province and make recommendations to the provincial government. The Council also has a research and public education role.

  The Council has published **Women and Violence** and has compiled an **Information Kit on Wife Battering**. The Council also has a resource library which is open to the public and items can be borrowed through the mail.

- **St. John's Women Against Pornography**
  c/o St. John's Status of Women Council
  P.O. Box 6072
  St. John's, NF
  A1C 5X8
  Telephone: 753-0220

  The purpose of this group is to educate the public about the negative effect of pornography on society's view of women. They also try to illustrate the link between pornography and violence against women and try to decrease the proliferation of pornography in St. John's.

- **National Film Board of Canada**
  Building 205, Pleasantville
  St. John's, Newfoundland
  A1A 1S8
  Telephone: 772-5005

  Main Street
  Corner Brook, NF
  A2H 1C1
  Telephone 637-4499

  The National Film Board maintains a film library to loan films to interested individuals and groups. Films are available on many subjects including wife abuse and/or family violence. There is no fee for films but there is a small rental fee for video cassettes. Borrowers pay only the return mail costs.

- **Canadian Council on Social Development**
  P.O Box 3505, Station C
  55 Parkdale Avenue
  Ottawa, Ontario
  K1Y 4G1
  Telephone: 613-728-1865

  The Canadian Council of Social Development is a national voluntary organization with an open public membership. The Council promotes public participation in the development of social policies and programs aimed at building a caring society.

  The Council publishes **Vis-a-Vis: A National Newsletter on Family Violence** on a quarterly basis. Back issues may also be available. There is no cost for subscription.

- **National Clearinghouse on Family Violence**
  Brooke Claxton Building
  9th Floor
  Tuinney's Pasture
  Ottawa, Ontario
  K1A 1B5
  Telephone: 613-957-2940

  The National Clearinghouse was established in 1981 to facilitate public education about family violence. The agency provides information and consultation to individuals working in the area of family violence. The Clearinghouse has also produced a catalogue that lists some 200 films available in North America including a series of films on family violence that are available through the National Film Board. The Clearinghouse will send, at no charge, relevant materials to community groups or individuals interested in family violence.

- **Canadian Advisory Council on the Status of Women**
  151 Sparkes Street
  Box 1541, Station B
  Ottawa, Ontario
  K1P 5R5
  Telephone: 613-992-4975

  The Canadian Advisory Council on the Status of Women is a federal organization whose mandate is both to advise the government of the actions it deems necessary to improve the position of women and to inform the public about matters of interest and concern to women.
  The Council has published two books on wife battering and a fact sheet on **Wife Battering in Canada: The Vicious Circle**.

- **Education Wife Assault**
  417 Bloor St. West
  Toronto, Ontario
  M5S 1X7
  Telephone: 416-968-3422

  Education Wife Assault was established in Toronto, Ontario in 1979. It is a non-profit organization committed to helping prevent wife abuse through education. They have produced numerous pamphlets and leaflets as well as an annotated bibliography on books about wife battering. These items can be obtained at a small cost from the above address.

National Victims Resource Centre
Ministry Secretariat
Solicitor General of Canada
Ottawa, Ontario
K1P 0P8
Telephone, toll free: 1-800-267-0454

The National Victims Resource Centre has been established to distribute information to both government officials and members of the public who are interested in victim-related issues such as wife abuse. The Centre can provide computer printouts that summarize relevant information on books, research and demonstration projects, films and videotapes. Photocopies of non-copyright materials such as brochures and articles can be obtained from the Centre and books from its collection can be ordered through inter-library loan. Interested persons can write to the Coordinator at the above address or call the toll free number.

BOOKS AND PAMPHLETS

- **Wife Battering in Canada: The Vicious Circle by Linda MacLeod. Prepared for the Canadian Advisory Council on the Status of Women, 1980.**

  Necessary reading for anyone who wants to know about wife abuse in Canada. Available by mail from:

  Canadian Government Publishing Centre
  Supply and Services Canada
  Hull, Quebec, Canada
  K1A 0S9
  Catalogue No: LW31-4/1986
  ISBN 0-660-10483-0
  Cost $2.95, price subject to change

- **Battered But Not Beaten...Preventing Wife Battering in Canada by Linda MacLeod, prepared for the Canadian Advisory Council on the Status of Women, 1987.**

  This book is a valuable source for those trying to understand the complexities of wife abuse, particularly from the perspective of abused women. Available free of charge from:

  Canadian Advisory Council on the Status of Women
  Box 1541, Station B
  Ottawa, Ontario
  K1P 5R5
  Catalogue No: LW31-27/1987 E

- **Scream Quietly or the Neighbours Will Hear by Erin Pizzey.**
  Short Hills, New Jersey: Ridley Enslow Publishers, 1977.

  This book, written by the women who opened the first Transition House (Chiswick Women's Aid in London), made wife battering a public issue. It tells the stories of many battered women, including unedited letters from victims and presents the author's observations about why battering occurs and what hope there is for change. Available through bookstores and libraries. (Try interlibrary loan if not available locally)

- **Understanding Wife Assault: A Training Manual for Counsellors and Advocates by Deborah Sinclair, M.S.W., C.S.W. 1985.**
  Part I of this book contains material well suited to educating community members and professionals. It is available for $4.00 from:

  Ontario Government Bookstore
  Publications Services Section
  880 Bay Street
  Toronto, Ontario
  M7A 1N8
  416 965-6015
  1-800-268-7540

- **You are Not Alone: A Guide for Battered Women (abridged edition) by Linda P. Rouse, Learning Publications, Inc.**
  P.O. Box 1326
  Holmes Beach, Florida 33509
  1984 ISBN: 0-918452-70-8

  This shortened version covers all areas basic to an understanding of wife abuse, i.e. the battered woman, the battering man, children, society. It may be available through the library or from the above address.

- **Breaking the Pattern: How Alberta Communities Can Help Assaulted Women and Their Families by Bonnie Hutchinson and Shirley Philippe, published by the office for the Prevention of Family Violence, Department of Social Services and Community Health, Alberta, 1985.**

  This is an excellent handbook designed for professionals as well as members of the general public who have an interest in wife abuse. It contains educational materials and guidelines for community action. It is available from:

  Office for the Prevention of Family Violence
  9th Floor - South Street
  10030 - 107 Street
  Edmonton, Alberta
  T5J 3E4
  Telephone: 403 427-7599 .

- **Fresh Start by Joan LeFeuvre, Petersborough, YWCA, revised 1986. ISBN: 0919313-09-4**

  This small book is a practical and supportive guide to women who are currently with, or are leaving partners who are abusive. The information provides a useful insight into the tasks faced by abused women. There are brief sections for assaulting husbands and for those who know someone who is abused. There is also an extensive reading list directed at self-education and personal growth. Copies can be ordered at $2.00 each from:

  YWCA of Canada
  80 Gerrard Street East
  Toronto, Ontario
  M5B 1G6
  Telephone: 416 593-9886

- **Women and Violence by Jennifer Mercer. Published by the Provincial Advisory Council on the Status of Women, 1985.**

  This booklet examines the kinds of physical violence most commonly experienced by women, including wife battering, sexual assault, child abuse and sexual harassment. It is available free of charge from the Provincial Advisory Council. (The address is included in the listing of organizations.)

- **Violence Against Women by Public Legal Information Association of Newfoundland, 1985, ISBN 0-920743-02-1.**

  This pamphlet contains information about the legal options available to abused women in Newfoundland and Labrador. It also lists groups that will provide help and support. Available from the Provincial Dept. of Justice.

- **Dating Violence by Manitoba Committee on Wife Abuse.**

  This pamphlet addresses the issue that "battering is a reality in many young people's relationships". Available free of charge from the address below.

  Manitoba Committee on Wife Abuse
  1823 1/2 Portage Avenue
  Winnipeg, Manitoba
  R3J 0G4
  Telephone: 204 885-3302

- **Implementation Report on the 1984 Federal/Provincial/ Territorial Report on Wife Battering, Newfoundland and Labrador section.**

  Catalogue No. SW21-9/8 - 1986
  ISBN 0-662-54447-1

  At their annual meeting in 1983, Ministers for the Status of Women directed officials at the three levels of government to undertake a process that would eventually provide an integrated program of response to the problem of wife battering. This report lists the recommendations and government's response. It is included in the reading list because it is useful to know about government's work in the area of wife abuse.

- **The Invisible Crime: Is Anything Changing? by David Holt, Atlantic Insight, February, 1987.**

  This article is about the problem of wife abuse in Nova Scotia. Much of what is written applies in any province, especially the Atlantic Provinces.

- **Women's Resource Kit by Frances Ennis and Debbie Sherrard. Women's Health Education Project of Newfoundland and Labrador, 1984.**

  This kit is the final product of work done in Newfoundland and Labrador by the Women's Health Education Project (1981-1984). It describes workshops conducted on the topics of Women and Stress, Mothers and Teenagers, and Reproductive Health. Workshop Techniques are described in detail. This is also a resource section that lists written materials. The kit is useful to anyone planning workshops or group discussions. Copies of the kit can be obtained by writing to:

  Health Promotion Directorate
  Health and Welfare Canada
  5409 Rainnie Drive
  Halifax, Nova Scotia
  B3J 1P5

. **Life with Billy by Brian Vollee with an introduction by Jane (Stafford) Hurshman. Seal Books, McClelland and Stewart - Bantam Ltd., Toronto, 1986.**

The book is based on the true story of Jane Hurshman, a Nova Scotia woman who endured extreme violence from her husband until she killed him. Often her own words are used to portray the horrific abuse she suffered. It is available in paperback through book stores or libraries.

FILMS ON WIFE ABUSE

The Next Step

This series of three films was made to demonstrate the very real needs of battered women and their children in every part of Canada. They examine what happens to battered women once they decide to leave their violent partners. Different kinds of programs and services available in urban, rural, northern and native settings are presented. The films are:

Sylvie's Story	**C 0186 504**	**28 minutes**
Safe Distance	**C 0186 505**	**28 minutes**
Moving On	**C 0186 506**	**28 minutes**

A Family Affair

This film is the story of one woman's attempts to live without violence in her life. It covers many aspects of an abusive relationship although it focuses on the judicial process in dealing with cases of domestic violence. 26 minutes colour

We Will Not Be Beaten

Filmed at a Boston-area shelter for battered women, this documentary features an informal, round-table discussion in which women from all walks of life recount their experiences as victims of wife assault. 35 minutes b & w B 0181 155

The Rites of Violence

The Domestic Youth Intervention Program in Duluth, Minnesota, utilizes community law enforcement, criminal justice and social service agencies in domestic assault cases. This film demonstrates how traditional attitudes can be changed into positive action to end the violence.
28 minutes colour C 0181 171

Loved, Honoured and Bruised

A documentary about a battered farm wife who comes to Osborne House in Winnipeg. She describes her 13-year nightmare and how she eventually left her husband. 25 minutes colour C 0180 030

Up the Creek

A film about the repercussions of wife battering, from the husband's point of view. 15 minutes colour C 0181 157

Not a Soap Opera: A Teen Video

The script for this video was developed by a group of teenagers who had been associated with the Transition House in St. John's, The teenagers had all lived in violent homes and had witnessed their fathers beat their mothers; some had been abused themselves. Some of the situations that were personally experienced by the children, as well as other events that take place in violent homes, are presented in the film. The intention of the film is to realistically portray family violence and its effects on children. Anyone interested in viewing the film should contact the Transition House offices at 722-8272.

SERVICES AND GROUPS

Transition Houses

Kirby House (formerly Transition House)
P.O. Box 4460
St. John's, Nfld.
A1C 6C8
Telephone: 753-1461

Transition House
Committee on Family Violence
P. O. Box 152
Corner Brook, Nfld.
A2H 6C9
Telephone: 634-4199

Libra House
Box 171
Labrador City, Labrador
A2V 2K5
Telephone: 944-6562

Labrador West Family Crisis Centre
Box 449
Happy Valley
Labrador A0P 1E0
Telephone: 896-8251

WOMEN'S CENTRES

A complete mailing list of local Women's Centres and other women's groups can be obtained from the centres listed below.

St. John's Status
of Women Council
P. O. Box 6072
St. John's, Nfld.
A1C 5X8
Telephone: 753-0220

Central Newfoundland
Status of Women
32 Lind Avenue
Grand Falls, Nfld.
A2A 1W1
Telephone: 489-9511

Gander Status of Women
P. O. Box 246
Gander, Nfld.
A1V 1W6
Telephone: 256-4395

Corner Brook Status
of Women Council
P. O. Box 373
Corner Brook, Nfld.
A2H 6E3
Telephone: 639-8522

Gateway Status of Women
P. O. Box 1359
Port aux Basques, Nfld.
A0M 1C0
Telephone: 695-7505

Bay St. George Status of Women
P. O. Box 501
Stephenville, Nfld.
A2N 3B4
Telephone: 643-4444

Mokami Status of
Women Council
P.O. Box 329
Happy Valley, Labrador
A0P 1E0
Telephone: 896-8483

Nain Women's Group
P.O. Box 121
Nain, Labrador
A0P 1L0
Telephone:

Labrador West Status
of Women Council
P.O. Box 171
Labrador City, Labrador
A2V 2K5
Telephone: 944-6562

For assistance with emergency shelter and information on possible financial aid, contact the nearest office of the Department of Social Servicess, Government of Newfoundland and Labrador. For your convenience, a listing of local social service offices is included in this Manual.

Dept. of Social Services
P.O. Box 190
St. Anthony, Nfld.
A0K 4S0

Dept. of Social Services
P.O. Box 580
Springdale, Nfld.
A0J 1Y0

Dept. of Social Services
P.O. Box 338
Twillingate, Nfld.
A0G 4M0

Dept. of Social Services
P.O. Box 10
Fogo, Nfld.
A0G 2B0

Dept. of Social Services
P.O. Box 70
Glovertown, Nfld.

Dept. of Social Services
P.O. Box 620
Bonavista, Nfld.
A0C 1B0

Dept. of Social Services
P.O. Box 1
Heart's Content, Nfld.
A0B 1Z0

Dept. of Social Services
P.O. Box 149
Bay Roberts, Nfld.
A0A 1G0

Dept. of Social Services
P.O. Box 1240
Bell Island, Nfld.
A0A 4H0

Dept. of Social Services
P.O. Box 99
Englee, Nfld.
A0K 2J0

Dept. of Social Services
District Office
Provincial Building
Grand Falls, Nfld.
A2A 1W9

Dept. of Social Services
P.O. Box 190
Lewisporte, Nfld.
A0G 3A0

Dept. of Socia Services
P.O. Box 13
Wesleyville, Nfld.
A0G 4R0

Dept. of Social Services
P.O. Box 220
Clarenville, Nfld.
A0G 1J0

Dept. of Social Services
P.O. Box 88
Whitbourne, Nfld.
A0B 3K0

Dept. of Social Services
P.O. Box 580
Harbour Grace, Nfld.
A0A 2M0

Dept. of Social Services
P.O. Box 190
Kelligrews, Nfld.
A0A 2T0

Dept. of Social Services
Nuport Building
44 Torbay Rd.
St. John's, Nfld. A1A 2G4

Dept. of Social Services
St. John's Centre Office
Harvey Road, St. John's
Nfld. ALC 5Y6

Dept. of Social Services
P.O. Box 42
St. Mary's, Nfld.
A0B 3B0

Dept. of Social Services
P.O. Box 100
Arnold's Cove, Nfld.
A0B 1A0

Dept. of Social Services
P.O. Box 10
Grand Bank, Nfld.
A0E 1W0

Dept. of Social Services
P.O. Box 74
Burgeo, Nfld.
A0M 1A0

Dept. of Social Services
P.O. Box 130
Stephenville Crossing
Nfld. A0N 2C0

Dept. of Social Services
Sir Richard Squires Bldg.
Corner Brook, Nfld.
A2H 6J8

Dept. of Social Services
P.O. Box 10
Port Saunders, Nfld.
A0K 4H0

Dept. of Social Services
Forteau
Nfld. A0K 2P0

Dept. of Social Services
Cartwright, Nfld.
AOK 1V0

Dept. of Social Services
Ferryland
Nfld. A0A 2H0

Dept. of Social Services
P.O. Box 470
Placentia, Nfld.
A0B 2Y0

Dept. of Social Services
P.O. Box 1142
Marystown, Nfld.
A0B 2M0

Dept. of Social Services
P.O. Box 38
Milltown, Nfld.
A0H 1W0

Dept. of Social Services
P.O. Box 38
Channel, PAB, Nfld.
A0M 1C0

Dept. of Social Services
P.O. Box 360
Stephenville, Nfld.
A2N 2Z5

Dept. of Social Services
P.O. Box 130
Bonne Bay, Nfld.
A0K 1P0

Dept. of Social Services
P.O. Box 40
Flower's Cove, Nfld.
A0K 2N0

Dept. of Social Services
Mary's Harbour
Nfld. A0K 3P0

Dept. of Social Services
c/o Elizabeth Goudie Bldg.
Happy Valley, Labrador
A0P 1E0

Dept. of Social Services
P.O. Box 790
Botwood, Nfld.
A0H 1E0

Dept. of Social Services
Nain, Labrador
A0P 1L0

Dept. of Social Services
P.O. Box 130
Bay L'Argent, Nfld.
A0E 1B0

Dept. of Social Services
P.O. Box 278
Baie Verte, Nfld.
A0K 1B0

Dept. of Social Services
P.O. Box 370
Bell Island, Nfld.
A0H 1P0

Dept. of Social Services
P.O. Box 1270
Deer Lake, Nfld.
A0K 2E0

Dept. of Social Services
Hopedale, Labrador
A0P 1G0

Dept. of Social Services
P.O. Box 340
Gambo, Nfld.
A0G 2E0

Dept. of Social Services
P.O. Box 383
Gander, Nfld.
A1V 1W8

Dept. of Social Services
Sheshatshit
Labrador
A0P 1M0

Dept. of Social Services
Wabush, Labrador
A0R 1B0

Dept. of Social Services
P.O. Box 280
Port au Port, Nfld.
A0N 1T0

A SCRAPBOOK

An important resource for individuals and community groups who wish to educate themselves and others about wife abuse is a scrapbook compiled by collecting anything related to wife abuse, such as magazine articles, newspaper clippings or accounts of radio and TV programmes.

It is also important to gather material that reflects the role society plays in supporting attitudes that contribute to violence against women such as newspaper and magazine ads, children's stories, and comments by community members. Material that shows how things are improving for women should be included in the scrapbook.

Leaders should also make contact with groups and organizations working on solutions to the problem of wife abuse, such as the Provincial Advisory Council and women's centres in the province. Ask to be put on their mailing list for newsletters and any resource material available on the topic of wife abuse.

SAMPLE OF A SCRAPBOOK PAGE

WIFE BATTERING

A Women's Issue
A Man's Issue
A Family Issue
A Community Issue

YOU SHOULD KNOW . . .

- One in ten women are assaulted by their live-in partners.

Wife abuse is found in all cultures, communities, and income levels.

Injuries can range from bruises, cuts and sprains to broken bones or loss of life.

Abuse can be physical or mental - yelling, screaming and put downs can be as damaging as a beating.

Violence tends to get more severe during the course of a relationship.

- A high percentage of children who live in violent homes grow up to be abusers or are victims themselves - staying for the children not the best alternative.

- There are shelters available to help victims and their families.

ABUSE CAN BE STOPPED

For help call the crisis line in your area:
St. John's 753-1482
Corner Brook 634-4198
Happy Valley 896-3214
Labrador City 944-3800

For General Information contact
Transition House Association
St. John's, Nfld.
722-8272

Women's Policy Office

DEPARTMENT OF CAREER DEVELOPMENT
GOVERNMENT OF NEWFOUNDLAND

CRIME

The invisible crime: is anything changing?

The family

For many it's a place of torment

Transition House services

More support needed

Courts recognizing 'battered wife syndrome

By Susan Cunningham
Staff Writer

Mr. Hy

Ilse Ulfers

THE WORKSHOP

Up to this point readers of the manual have been educating themselves. **Section Three** provided basic knowledge about the problem of wife abuse. When used to the fullest extent, will have given the reader a better appreciation of the problem area. Now the reader has to decide if she or he is comfortable enough and knowledgeable enough to begin educating others in her organization or community.

One way of spreading information and ideas is by holding a workshop. A workshop allows people to come together and examine an issue in a close, personal manner. Workshops do not have to be lectures by experts - instead, the participants are actively involved in learning, sharing, and decision making. Workshops can often generate a sense of together-ness that is important if the ultimate goal is to respond as a community to the problem of wife abuse.

This section of the manual is organized around a structured workshop agenda. First there is a note to the leader(s) followed by an outline of tasks to be done in organizing and preparing for a workshop. The workshop agenda is then presented along with a guide for workshop leaders. The **appendices (Section Five)** contain the principles of the workshop as well as learning activities and evaluation forms.

While some people may choose to plan a structured workshop, it is not necessary to use the workshop material in that manner. It may be more appropriate for some groups to complete the workshop agenda in a less formal way over a

longer period of time. For example, a group can discuss the educational material on one night, view a film the next week and participate in learning activities the following week. Perhaps some groups will only discuss the educational material. (The films and learning activities should not be used without first reviewing the educational material with the group.)

TO THE LEADER

The leader (preferably there will be more than one) should be someone who feels comfortable discussing the topic in public and confident about her knowledge of wife abuse. These qualifications are important for two reasons.

First, all the information presented at the workshop should be based upon what the leaders have read. As mentioned previously, leaders **must** read more than the educations material in the manual. They do not need to have all the information at their fingertips but they must know where to find it. If information or ideas can be discredited then it is easy for people to say the group is overreacting and the problem does not really exist.

Second, leaders should be prepared for community reaction. Often people do not want to admit that wife abuse happens in their community. They may feel that what happens in families is private, and not any one else's business. Leaders may find that their motives are misinterpreted: they may be accused of trying to stir up trouble or disrupt marriages.

Taking on a project to educate the community about wife abuse can be seen as very threatening in comparison to other worthwhile projects - for example, fund-raising for an ambulance, or organizing such activities as sports programs and senior citizen activities.

A leader also needs to have (or to develop) some workshop skills. In the workshop setting she is **not** the expert who does all the talking. The leader must listen well, guide the discussions, establish an atmosphere of acceptance, and make participants realize that what they have to say is important.

ORGANIZING A WORKSHOP

The following items (A to G) are a checklist to help leaders prepare for the workshop.

A. Decide on the Audience

- Will there be an open invitation to community members or are you part of a group that is interested in becoming educated about wife abuse? The answer will affect planning for space, advertising, supplies, content of workshop.
- If you are part of a small group that you know fairly well, you may want to circulate educational material (such as **Facts About Wife Abuse** and **Myths About Wife Abuse)** beforehand.
- Can you limit numbers? A group of no more than twenty would be a reasonable size.

B. Volunteers

- You will need help to organize and conduct the workshop. Assign tasks.

C. Planning

- Plan a date and a time. Cross-check with other community activities.
- Find a place. Consider size, parking, rental fees.
- Consider advance registration. You will be able to plan accordingly if you know how many people will attend.
- Advertise, if necessary, with flyers, radio, newspaper.

D. Equipment

- Projector and screen. Is it suitable for film. Does it work? Can you operate it?
- Flip charts, magic markers, tape.
- Chairs, tables should be movable.
- Supplies for coffee, tea and refreshments.
- Coat racks.
- Note pads and pens for participants, name tags.

E. Resources

- Book film immediately upon deciding that the workshop will go ahead.
- Plan for display table.
- Order any pamphlets.
- Photocopy the handouts.
- Write up flip charts.

F. Preparation

Make sure all materials listed below are ready for the workshop:

Flip Charts

1. **Statistics** as laid out in **Section One (Educational Materials)**
2. Wife Abuse as a Social Problem

List the underlined portions of this section.

3. Wife Abuse as a crime:
   - Using four large squares, list the type of abuse and examples.
4. Other abusive behaviors as listed in the section "Wife Abuse as a Crime".

5. Historical
   - List side by side the traditional roles of females and males.

6. Abusive Relationship
   - Graphic representation of the cycle of violence.

HANDOUTS TO BE PHOTOCOPIED

1. Agenda
2. Principles of the Workshop
3. Interaction sheets for activity #1 (copy pages)
4. Questions for activity #2 (copy page)
5. Statements for activity #3 (copy pages)
6. Evaluation Form

DISPLAY TABLE

The display table is an important part of the workshop. Participants should be able to browse through the items listed below before the workshop begins, during the break, and at the end of the workshop.

1. Fact and Myths (copies for people to take)
2. Pamphlets (some for display, others for people to take)
3. Scrapbook (for display)
4. Books (for display)

PACKAGE FOR PARTICIPANTS

1. Name tag
2. Pen(cil) and paper
3. Handouts

G. **Practice**

- Review educational material for presentation.
- Think of possible questions.
- View film at least twice and plan discussion.
- Do the learning activities.
- Rehearse agenda.

Arrange to have reliable help on the day of the workshop. Begin by rechecking the above list. All volunteers should arrive well ahead of time to arrange furniture, set up displays and refreshments, greet participants, register people and provide name tags.

WIFE ABUSE

WORKSHOP AGENDA

PART A

1. Introduction

2. Background Information

   - Wife Abuse in Newfoundland and Labrador
   - Wife Abuse: a Social problem
   - Wife Abuse: a Crime
   - Historical Overview
   - The Abusive Relationship

3. Film - **Loved, Honoured and Bruised** or
   A Family Affair

   - followed by small group discussion

Refreshment Break

PART B

4. Brief review

5. Learning Activities

   .#1 recognizing abusive behaviour
   .#2 victimization exercise
   .#3 sexism and traditional attitudes

6. Where to go from here?

7. Closing remarks: the relationships we want, affirming the principles of the workshop.

8. Completion of Evaluation Forms.

GUIDE FOR WORKSHOP LEADERS

PART A

1. Introduction

Begin by introducing yourself. State why you became interested in wife abuse. Talk about what you have done to educate yourself. Point out that you are not an expert but you want to share your knowledge and facilitate discussion about the problem in your community. Set the stage for informality. Briefly mention the agenda.

2. Background Information

Use the information in the educational materials section of the manual to talk about each of the following topics. Present the flip charts (see listing on page) on each topic while you are talking. Remember to tape on the wall **all** flip chart sheets you use during this part of the workshop. This will allow you to readily refer to the information as the workshop progresses.

- Wife Abuse in Newfoundland & Labrador

Present all the statistical information included in the boxes as well as the number of women and children that the St. John's, Transition House could not accommodate. Give participants a reasonable amount of time to look at the numbers but highlight only the summary figures in each box.

- Wife Abuse: A Social Problem

Refer to the list as you go through the points in the section.

- Wife Abuse: A Crime

Refer to the lists of criminal behaviour and other abusive behaviours.

. Historical Overview

Begin with a blank sheet on the flip chart and encourage participants to suggest traditional roles for males and females. A few examples may help get the lists started. When people stop suggesting items, go to the flip chart on traditional roles and review the lists.

. The Abusive Relationship

Refer to the chart that depicts the **cycle of violence.**

3. Film - **Loved, Honoured and Bruised**

Briefly introduce the film. Ask people to make notes on their reactions during the film. Explain that after the film you would like people to break into three or four small groups (depending on the number of participants) to discuss the film.

After the film, present the following questions for discussion:

. What were your reactions to Jeannie as she described events in her marriage?

. What were some of her husband's comments on the relationship?

. What did you think about his comments?

. What did you think about the approach of the professional/ service workers in the film?

. Did anything stand out for you in the film?

Point out to participants that they do not have to restrict their discussion to these questions. During the discussions visit each group. Listen to what they are saying and participate if the conversation needs some direction. Make your own notes about what people are saying. Ask groups to choose a spokesperson who will present the main points of their discussion to the whole group.

Refreshment Break

This period of time is an important part of the workshop. Encourage people to talk to each other. Point out the displays. Tell people you are available for questions and comments. Mingle with the participants and try to keep the conversations related to the workshop.

PART B

4. Brief review

Briefly summarize what has been presented so far. Ask the spokesperson for each group to outline the main points of their discussion of the film.

5. Learning Activities

The aim of these activities is to have the participants leave the workshop with a sensitivity to the experience and needs of abused women and the role that society plays in maintaining the problem. Point this out to the participants.

Conduct each activity according to the instructions. Leaders should have completed each activity on their own during preparation for the workshop.

.#1 Recognizing Abusive Behaviour
.#2 Victimization Exercise
.#3 Sexism in the Family and in Society Contributes to Wife Abuse

6. Where to go from Here

The work to increase awareness and understanding of wife abuse should not end with the workshop. Some participants may want to know what they can do. Point out that, for the meantime, it is best to restrict their activities to education and public awareness. Some suggestions are:

(1) Establish an educational/resource group to continue the process of education in the community. Develop a small library of materials that people can use and/or ask the local library to begin ordering books and pamphlets. Hold regular meetings to view films, listen to guest speakers, and discuss information. Advertise to local schools and professionals.

(2) Talk with family, relatives and friends about the workshop. Encourage them to become informed.

(3) Pay attention to government programs and policies in the area of wife abuse and family violence. Write letters to policy makers and governments at all levels about your awareness of the problem of wife abuse.

7. Closing Remarks

Acknowledge to participants that this workshop has been concentrating on undesirable relationships. The kinds of relationships we want are based on equality and mutual respect. Talk about the value of the workshop as a small but important means to this end - the beginning of education for change.

Express hope that the workshop has resulted in a sensitivity to the lives of abused women. Mention that we need to teach our children to respect themselves and each other as whole individuals. Stress the importance of talking to our teenagers about the relationships they are developing.

Refer to the principles of the workshop. Close by reading them aloud.

Ask people to complete the evaluation forms. Point out the importance of their answers for future planning.

APPENDIX A

PRINCIPLES OF THE WORKSHOP

1. Violence has no place in the family.

2. The community has a right and a responsibility to get involved.

3. Wife assault is not the result of an argument that gets out of hand. It goes much beyond the normal marital tension that all couples experience.

4. A comprehensive community approach is essential. Counselling is not enough.

5. Once violence has started, it will not stop spontaneously. Active intervention is needed from the community, especially from the justice system.

6. Prevention means addressing the social roots of wife assault, not just the symptoms. Education is a prerequisite to prevention.

Reproduced from **Understanding Wife Assault**, by Deborah Sinclair, Toronto, Ontario, 1985.

APPENDIX B
LEARNING ACTIVITIES

ACTIVITY #1*

Recognizing Abusive Behaviour*

This exercise helps participants to recognize and discuss abusive situations. Eight interactions are presented. Each interaction reflects one or more aspects of an abusive relationship. For example: 1 and 6 display rigid role expectation; 4 and 5 show possessiveness and jealousy (the idea that a man owns his wife), 3 and 7 display questionable responses to stressful situations, 2 and 4 are example of sexual and physical abuse, and 8 shows how an abusive husband can begin to isolate his wife by making social contacts difficult.

Point out to participants that the intention of the exercise is to discuss abusive relationships. (Do not explain the interactions as is done in the above paragraph.) Ask participants to think about each interaction by giving a "degree of abuse" rating based upon a scale of 1 to 5, with 1 being "not abusive" and 5 being "very abusive".

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* adapted from Teacher's Guide for the study of "Violence begins at home: a package of learning activities on wife abuse". Researched and written by Pat Thomson for The Manitoba Committee on Wife Abuse, Manitoba Teachers' Society and Manitoba Education.

Ask workshop participants to consider how they would react if they were in the same situation as the women. Assure participants that there are no correct ratings and that the numbers they assign should be their personal reaction to the scenes.

After participants have rated the interactions, begin a discussion by getting a hand count of abuse ratings for #1.

Briefly summarize the ratings by saying: "the abusive rating seems high (or low) overall" or "the abuse rating is evenly spread throughout the scale". Talk about what is shown in the interaction (rigid role expectations and inflicting blame and guilt). Mention the similarity between 1 and 6. Ask participants how they would feel if they were Sheila or Beth.

Continue with the remaining interactions, doing the same with 4 and 5, 3 and 7, 2 and 4, and finally 8. Pairing the interactions will save time but going through them one at a time may result in more discussion. The decision to use one or the other method depends on the time available.

Remember that the important part of this activity is not the rating but the discussion of the interactions. Refer back to the flip charts on traditional roles/values if the lists are relevant to the discussion.

INTERACTIONS	ABUSE RATING	REACTION
1. Sheila arrived home from work an hour late to find the two children crying and her husband angrily shouting at them and then at her, "Why are you late? Don't you care about us? We are hungry and this place is a mess".		
2. After a night of drinking with his friends, Bill came home and forced his wife to have intercourse even though she said no.		
3. Bob and Glenda were both upset about an unwanted pregnancy. Glenda couldn't stop crying so Bob slapped her face to quiet her.		
4. Karl and Mary spent the evening at a party. When they returned home he began to hit and punch her, shouting that she was "a whore" and "wanted to be with other men at the party".		

INTERACTIONS	ABUSE RATING	REACTION
5. Ann was in the bathroom dressing and putting on her make-up. Her husband said, "I don't think you should get all done up like that for work. You must be trying to get a date with your boss".		
6. Beth, tired from being with her three small children all day, asks her husband to stay up during the night with their new baby. He becomes angry and shouts, "Why should I? You've been sitting home all day doing nothing. I'm going to bed".		
7. Joe flies into a rage with his wife because the bank has called to say that the mortgage payment is overdue. He accuses her of spending too much money on food and says she is "stupid when it comes to money".		
8. Whenever Marie's friends visit, her husband argues with them and makes insulting remarks about their conversations while they are there.		

ACTIVITY #2

Victimization Exercises*

The goal of this exercise is to help recognize our potential to be victims and to decrease the distance we put between ourselves and assaulted women. It will help participants to reflect on some of the statements often used in relation to abused women like "I would never let that happen to me", "I would just leave and get help", or "she must have provoked him".

Ask participants to remember an incident in which they were a victim, a situation in which they were not in control. In other words, what happened was something they did not want to happen. (Examples: rape, robbery, and assault; humiliation at work, home or social activity; obscene telephone call or harassment on the street.) It can be a recent incident or something that happened a long time ago.

Ask participants to consider the following questions as they relate to their own experience. (The questions are listed on the following page.) Ask people to write down their answers and point out that they do not have to discuss their experience unless they wish to do so.

When people are finished try to stimulate an open discussion. Look for similarities and commonalities between their response and that of an abused wife. Did they respond to their experience by asking "why me?" or with feelings of helplessness and self-blame? Did they blame themselves for allowing the incident to happen? Were there any surprises in who they told and who they did not tell? Were there any surprises in what they did? What were the effects?

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* Conroy, Kathryn. "Victimization Exercise"; presented during a workshop on Treatment Issues with Battered Women. Toronto, May 7-8, 1981. Taken from "Understanding Wife Assault: A Training Manual for Counsellors and Advocates" by Deborah Sinclair, Toronto, Ontario, 1985.

Examine conflicting feelings, such as anger versus guilt. Were the workshop participants fearful? Write their comments on the flip chart. **Ask people to multiply their experience by the number of days an abused wife has been in her situation of victimization.** Ask people how they would feel if someone said thing like:

"You are overreacting. It wasn't that bad. He didn't really hurt you. You shouldn't have been walking alone".

If participants have difficulty in thinking of an incident or no one volunteers to relate their experience in the open discussion, the leader should be ready to relate an incident in which she was victimized. Keep in mind, however, that the exercise is most effective if participants put themselves in the role of the victim and discuss their own experience.

Questions for activity #2

1. What happened?
2. What did you think about while it happened?
3. Who did you tell?
4. Who did you not tell?
5. How did you feel?
6. What did you do?
7. What effects lingered?
8. What were the long-term effects?
9. What is it like to remember it now?

ACTIVITY #3

Sexism in the Family and in Society Contributes to Wife Abuse*

The goal of this activity is to have a group discussion about the connection between the problem of wife abuse and sexist attitudes.

Sexist attitudes are those that maintain a division between women and men according to certain behaviors and emotions. It is common for boys to learn that they should be physically strong, aggressive and independent; often they are not encouraged to express emotions except anger. On the other hand, girls learn that they should be more passive and dependent; they are allowed to be more emotional.

Both sexes suffer as long as society expects stereotypes, or set behaviors, from children. Boys are denied the chance to develop the gentle, caring sides of their personalities; girls learn to accept what life brings, to be forgiving and loving under any circumstances.

On pages 15-17 of this manual (**Historical Overview of Wife Abuse**) the role of traditional sexist beliefs in abusive relationships is explained.

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* adapted from Teacher's Guide for the study of "Violence begins at home: a package of learning activities on wife abuse". Researched and written by Pat Thomson for The Manitoba Committee on Wife Abuse, Manitoba Teachers' Society and Manitoba Education.

Twelve statements are li·ted for this learning activity (see pages 71-72).

With the exception of 4, 9 and 11, the statements reflect sexist attitudes. Explain to participants that the point of the activity is to discuss the relationship between wife abuse and attitudes that separate women and men according to certain behaviors and emotions (in a word - **sexism**). Instruct participants to read the statements and respond accordingly. As in the first learning activity, point out that there are no right or wrong answers.

After participants have finished the task, review each statement. Ask for their responses and encourage them to comment on the statements in terms of how they reflect a division between women and men. During the discussion, present the above points regarding sexist attitudes and stereotypes. Refer to the flip chart on traditional roles for females and males. Recall relevant parts of the film such as the husband's comments about "useless girls" or his wife "needing discipline like a child".

Included below are some comments about each statement. Leaders can use the comments to facilitate discussion about each statement.

1. There is no sharing in the running of the household. "Women's work" has no financial return and is not seen as skilled or valuable.

2. Girls learn not to compete with boys, to be intimidated physically and socially by their presence.

3. This is setting up conditions for later financial dependence, lower aspirations, lack of options.

4. Sharing of household responsibilities is indicated. This contributes to respect for the work of maintaining a household.

5. Roles can trap men as well as women.

6. Boys are expected to engage in more physical activities. Often their activities are more visible and are considered more skilled and valuable.

7. Girls are encouraged to be responsible for domestic activities. Often the work is not as visible and, while valuable, is not seen as such.

8. Girls shouldn't express themselves strongly, shouldn't show their anger.

9. They are allowing feelings of sadness to be appropriately expressed.

10. This is a blatant example of separating the sexes according to behaviors and emotions; the livelier and aggressive characteristics are literally assigned to the boy.

11. The boy is rejecting violence in the sport of hockey.

12. Displaying sadness and anxiety by crying is seen as a sign of weakness in boys.

Explain to participants that some of the attitudes, while not abusive in and of themselves, set the stage for abuse to occur, be it physical or emotional.

Many of the attitudes build, one upon the other, to create beliefs such as: women are less valuable, less competent, not as smart; men are seen as being in control of relationships and they are permitted to use the means they have learned to exert control; women must accept the attitudes, the roles, and the abuse as part of living with men.

Attitudes that assign certain behaviors and feelings to women, and other behaviors and feelings to men, are part of the problem of wife abuse. In the blank at the left of each statement write:

"Yes" if you think the statement reflects attitudes that separate women and men according to how they should behave and/or feel.

"No" if you think the statement does not promote a division of behaviour and feelings between men and women.

_____ 1. Husband refuses to do "women's work" around the house.

_____ 2. A little girl is trying, without much success, to join her older brother and his friends in a rough and tumble game. Parent says, 'come here, dear, you don't want to play those rough games anyway".

_____ 3. Parent comments that it's O.K. for daughter to drop advanced math and science in grade 10 because,"She'll never need them".

_____ 4. Father begins to cook supper when he arrives home from work.

_____ 5. Wife expects husband to be the total "provider" for the family.

_____ 6. Teacher says, "I need some boys to carry out the books to the library...set up the A.V. equipment, ...empty the garbage,... referee the basketball game, etc."

_____ 7. Teacher says, I need some girls to help set up the Bake Sale...tidy the book shelves,... help in the kindergarten,...decorate the gym,... answer the phone in the office, etc."

_____ 8. Teacher says, "I can't believe that girls would use such awful language!"

_____ 9. Parents try to comfort their son when he cries about the death of his dog.

_____ 10. The doctor in charge of the operation to separate siamese twins in Toronto in 1984 says at a news conference, "Lin was left as a boy because he was the livelier and more aggressive of the two."

_____ 11. Son explains that he quit playing hockey because he thinks the game has become too rough and violent.

_____ 12. When son falls from a tricycle, a parent tells him, Big boys don't cry."

APPENDIX C

EVALUATION FORM FOR WORKSHOP PARTICIPANTS

1. Has the work shop changed the way you view the problem of wife abuse? ____Yes _____No

   Please explain your answer:

   _____
   _____
   _____
   _____
   _____

2. Please comment on the leadership of the workshop.

   _____
   _____
   _____
   _____
   _____

3. Did the background information (wife abuse as a social problem, historical aspects, etc.) help you to better understand the problem of wife abuse?

   _____Yes _____No

   Comments:

   _____
   _____
   _____
   _____

4. Was the background information new to you?
   _____No _____Yes _____ some was new

5. Was the film useful in helping you to understand wife abuse?

   _____ Yes _____ No

6. The aim of the first two learning activities is to help you to feel sensitive to the experience of an abused woman. In your opinion, did the activities do this?

#1: Recognizing abusive behaviour (the interactions)

_____ Yes _____ No

Comment:

_____
_____
_____
_____

#2: Victimization Exercises: the questions

_____ Yes _____ No

Comment:

_____
_____

7. The aim of the third learning activity is to help you understand the connection between the problem of wife abuse and sexist attitudes that divide behaviors and emotions between women and men. In your opinion, did the activity do this?

_____ Yes _____ No

Comment:

_____
_____
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_____

8. Has the workshop improved your understanding of the problem of wife abuse?

_____Yes _____No

9. Please make other comments and suggestions if you wish.

_____
_____
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EVALUATION FORM FOR USERS OF THE MANUAL

I. Educational Material:

1. Was the information clearly presented? _____yes _____no
2. Did you understand the information? _____yes _____no
3. Did you learn anything new? _____yes _____no
4. Did you have any unanswered questions? _____yes _____no

Explain your answer:

_____
_____
_____
_____

II. Resources

1. Did you use the following sections:
   1. organizations _____yes _____no
   2. books/pamphlet _____yes _____no
   3. films _____yes _____no
   4. service/groups _____yes _____no
   5. did you develop a scrapbook? _____yes _____no

III. Workshop

1. Were the instructions for the workshop clearly presented?

   _____yes _____no

2. Did you use the workshop section?

   _____yes _____no

3. Did you follow the workshop agenda? _____yes _____no

   If no, what did you do?

   _____ discuss educational material
   _____ show film (which one?) _____

   _____ learning activities (#1____ #2 _____ #3 ____)

   _____ other (explain):
   _____
   _____

General Comments

1. Overall, did the manual change the way you viewed the problem of wife abuse?

   _____ yes _____ no

   Please explain your answer.

   _____
   _____
   _____
   _____
   _____
   _____

2. Do you feel you now have a better understanding of the problem of wife abuse?

   _____ yes _____ no

3. Please comment on any aspect of the manual, make suggestions, relate any difficulties you had using the manual, etc.

   _____
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Return this form to:

Women's Policy Office
P. O. Box 4750
St. John's, Newfoundland

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